January 15, 2005 Vol. 28 ▼ Issue 495 www.mgwnews.com

Mom Guess What

Sacramento's Premiere GLBT Newspaper Since 1978

Looking Ahead Into 2005: Lend A Helping Hand!

Speak Out In Sacramento By Ed Kelley

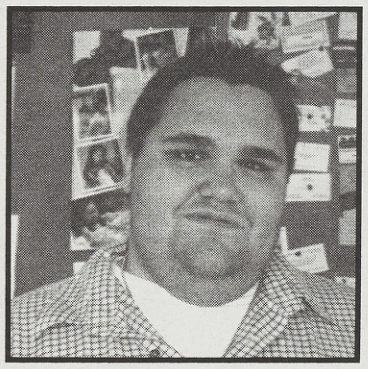
What Changes Would You Like To See In Our Community For 2005?

Lauren Wagner

Student
Pittsburgh

I really love the involvement & dedication that I see within the Sacramento GLBTI community. In 2005 I would love to see these things not only continue but also grow. Everyone has given me hope that we will stand up for our rights in the ever turbulent political atmosphere.

Jason Kirkland



Volunteer Coordinator
Midtown

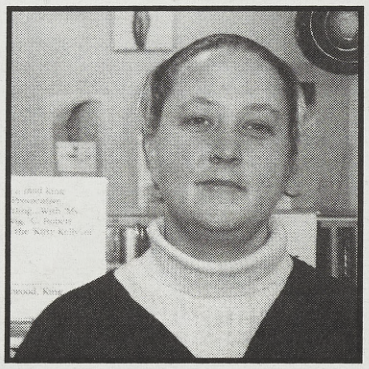
In 2005 I would like to see a huge new facility for the Lambda Community Center, where we can help thousands more in the GLBTI community on a daily basis. More importantly I would like to see the GLBTI community become more involved! Support your center, volunteer and give financial support!

Robin Richie

Marketing Executive
Midtown

In 2005 I would like to see Sacramento get more bike lanes downtown! The police helicopter needs to be retired permanently downtown. I would also like to see the University fees lowered!

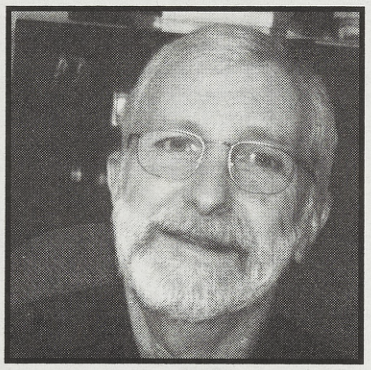
Adrienne Ellis



Events Coordinator
Sacramento

In 2005 I would like to see the Sacramento City Council give small businesses better tax Incentives to allow for locals to start their businesses.

Ron Grantz



Entrepreneur
Sacramento

In 2005 I would like to see more of a gay presence, and gay owned stores in Midtown! Hopefully in 2005 states will recognize that GLBTI people are not any different then heterosexual people.

RELAX IN STYLE!

New listing – Del Webb Lincoln Hills - $559,000

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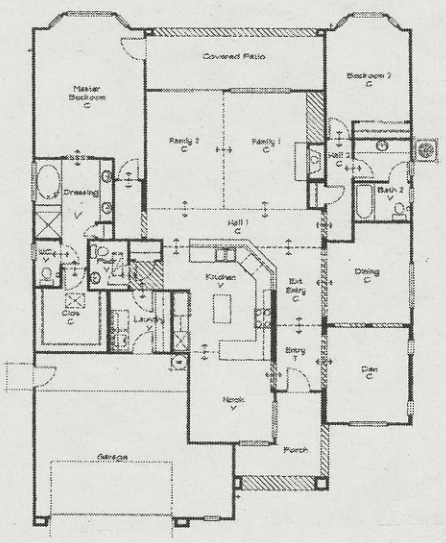

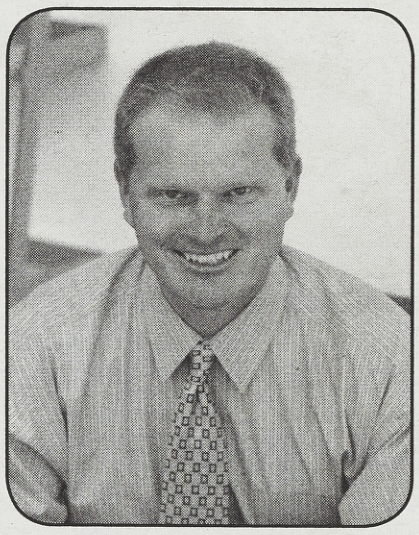

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Founding Publisher Linda Birner

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INFORMATION

National Gay & Lesbian Journalist Association
Society of Professional Journalists
Midtown Business Association
Alternative Press Syndicate

MGW is printed on recycled newsprint

Something To Think About

Civil Rights... Community... Movement...

civil rights [n.] *The rights belonging to an individual by virtue of citizenship, esp. the right to due process, equal protection of the law, and freedom from discrimination.*

community [n.] *A group of people with a common characteristic or interest living together within a larger society.*

movement [n.] *An organized effort to promote or attain an end; the act of moving.*

The histories of America's civil rights movements - and their successes in securing equal protection of the law for those denied it - have always been shaped by the complex interweaving of legal victories, political progress and advances in public opinion.

So when we look at the state of lesbian, gay, bisexual and transgender (LGBT) civil rights today, we have every reason to be optimistic. Our movement is strong, it is determined, and it is gathering momentum every day.

It has been only 18 months since the Supreme Court struck down the last remaining state laws that branded us as criminals, little more than a year since Massachusetts' top court ruled that same-sex couples could not be denied full equality in marriage, and mere weeks since California enacted the nation's most expansive domestic partnership law.

All the while, public support for LGBT equality continues to grow. Gallup has reported that 89% of Americans support equal employment opportunity for gays and lesbians. Polls also show nearly two-thirds support the same opportunities for transgender Americans. Nearly four in five - up from 57% just a decade ago - support openly gay military service members; and amid the enactment of anti-gay constitutional amendments in 11 states this past November, exit polls showed that 60% of voters favor legal recognition for same-sex couples.

The speed with which our movement is advancing on all fronts is absolutely historic - and it hasn't happened by chance or by accident.

The lesbian, gay, bisexual and transgender community crosses all borders. We are born into families as diverse as our nation. We are of every race, ethnicity, gender, age, religion, class, educational background, ability and party affiliation. We live in cities, towns and neighborhoods across this country, in red states and in blue. We, literally, are everywhere.

Yet because that rich diversity often goes unseen, ignored or forgotten, we remain vulnerable to inaccurate stereotypes manufactured by a small but powerful group of anti-gay extremists. Wrapping themselves in cloaks of "family" and "values," these groups are spending tens of millions of dollars to confuse, distort and subvert the public debate that continues to change hearts and minds about our right to equality as it opens America's eyes to the true family values that LGBT couples, parents and families are living and demonstrating every day.

See **Civil Rights** on **page 9**

Reporting a Bias Crime

Non-Emergency	264-5471
Emergency	911
Crime in Progress	911
Bias Crime Hotline	454-2428

Sacramento Police Department

Lt. Cara Westin	264-5990
Off. Barbara Schmacher	564-5471

California Highway Patrol

Lt. Montey Hensley	581-2300
Capt. Dennis Williams	324-3692

SACPD Advisory Committee Members

Linda Birner	441-6397
Midge Marino	927-5651

A REMINDER If you have an issue with the Sacramento Police Department, there is a group of SPD officers and civilians that volunteer to help facilitate better communications between the GLBT community and the SPD. Please call them with your concerns.

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SACRAMENTO'S PREMIERE GAY AND LESBIAN NEWSPAPER SINCE 1978

VOLUME 28 ▼ ISSUE # 496
January 15, 2005

Out Correcting...
MGW Newspaper would like to acknowledge errors promptly. Corrections will appear on page two in each issue. Mistakes can be reported by contacting:
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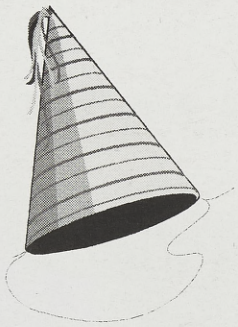
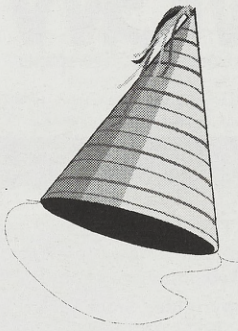
On Scene In Sacramento By Ed Kelley



New Years Celebration



Sacramento Children's Home Prepares For 7th Annual "Down By The Sea" Crab Feed

The Sacramento Children's Home Guild is finalizing plans for the 7th Annual "Down By The Sea" Crab Feed. The evening is the pinnacle event of the SCH Guild, a group that has raised more then a million dollars for the Sacramento Children's Home during it's 47-year existence.

The Crab Feed will be held, Saturday, February 26th at the Portuguese Hall at 6676 Pocket Road in Sacramento. Doors open at 5pm with dinner served at 6:30. Fresh crab, salad, pasta and dessert are on the menu. A live and silent auction will be followed by dancing to the sounds of The Mobile Music Experience. Tickets are $40 per person and include a complimentary wine glass.

Last year the Crab Feed raised $50,000 for the Sacramento Children's Home. The Guild hopes to surpass that number this year. The purpose of the Sacramento Children's Home Guild is to promote and advance the welfare of the Sacramento Children's Home through fundraising efforts. The outstanding services provided by the Home are desperately needed in our community and are made possible in large by the generosity of our caring community.

From the most humble beginnings in 1867, the Sacramento Children's Home has evolved into a national model for the treatment and prevention of child abuse. Providing services to more then 3,500 Sacramento children and families each year, SCH offers residential care to children 6-17, two crisis nurseries for newborns to 5-year olds, group homes and transitional age programs, and an entire range of community-based prevention programs. To make reservations for the Crab Feed, please call **Carolyn Lydon** at 454-3848. For more information about the Sacramento Children's Home Guild call **Vanita Vrilakas** at 446-2913. ▼

Registration Open For Inaugural NorCal AIDS Challenge

Capital City AIDS Fund (CCAF) is proud to announce the opening of registration for a new regional fundraising event, the NorCal AIDS Challenge. Scheduled for May 18-21, 2005, this is a mostly volunteer-produced event to raise funds for non-profit agencies fighting HIV and AIDS in the inland Northern California region. Participants will be on the road for 4 days while traveling the scenery of the Sutter Buttes, the Gold Country, and the Sacramento River Watershed.

All ages and fitness levels are invited to register as a cyclist or crewmember by visiting the event website at www.norcalaidschallenge.org or calling Exceptional Events at 525-2566 to request mail-in registration. Cyclists and Crewmembers are required to raise a minimum of $1,800 and $500 through donor pledges, respectively. Once registered, participants will have their own fundraising home page, and access to sponsored training rides, fundraising information and sample materials, and a mentoring program.

Joaquin Feliciano, a member of the Organizing Committee and a cycling enthusiast, has participated in a number of the multi-day cycling events. "Safety was the utmost consideration in putting the route together, but itís also designed for all levels of cyclists, from the novice to the expert." The Challenge will be fully supported with hot meals, hot showers, lawn camping, gear transportation, staffed rest stops every 18-22 miles, bicycle repair, chiropractic and massage services, and nightly entertainment. Cyclists only need to ride!

Although Cyclists will be more visible, the all-volunteer Crew will be just as critical in making the event a success. Anyone interested in helping with logistics during the event is strongly encouraged to register as a Crewmember. Opportunities include assistance with meals, rest stops, mobile support, setting up and taking down camp, water and ice distribution, and security. **Jim McCann**, co-chair of the Organizing Committee and avid cyclist has both cycled and crewed on similar events. "Whether you participate as a Cyclist or Crew member youíll be a part of a fun and meaningful event. You'll be raising dollars for critical services while making new friends and having an experience to remember for a lifetime!"

At this time, CCAF ad the Organizing Committee are seeking volunteers for some of the planning committees and corporate sponsorships to help cover the costs of the event. If you would like to assist in either of these areas, please call Exceptional Events at 525-2566. ▼

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THE WATERS HAVE RECEDED.

NOW IT'S TIME FOR US TO DO OUR PART.

The tragic Tsunami of 2004 took us all by surprise.
The entire world witnessed a natural disaster on a scale not often seen.
Families were ripped apart, buildings were razed, and entire villages were wiped completely off the map.
The situation requires more than our grief and best wishes, it requires our action too.

TERRY SIDIE, FACES & CGNIE PLAN TO DO SOMETHING ABOUT IT.

Our community is very powerful when we mobilize for a common cause.
And that is why FOR ONE WHOLE MONTH

JANUARY 14 through FEBRUARY 13

FACES will donate a substantial portion of all door proceeds to TSUNAMI RELIEF EFFORTS and WE CHALLENGE OTHER GLBT COMMUNITY BUSINESSES TO DO THE SAME.

The donations will be handled through CGNIE & The International Court Council UNICEF Relief Project.

FACES
20th & K Streets
916.448.7798

CGNIE
The Court Imperial of Sacramento donates 70% of all gross proceeds recieved to its parent charity. 30% retained for CGNIE genral organization and administration.

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Sacramento County Registrar Of Voters Election Update:

Special Primary Election to Fill 5th Congressional District Seat Announced

Sacramento County Registrar of Voters Jill LaVine announced that a special primary election will take place on March 8, 2005 to fill the 5th Congressional seat left vacant by the recent and unexpected passing of Congressman Robert Matsui. She notes that if a candidate receives more than 50 percent of the votes in the March election, he or she will automatically win. If no candidate receives a majority of the votes, a runoff election will be held on May 3, 2005. Governor Arnold Schwarzenegger set the process in motion by announcing the May 3rd date for the runoff, if needed.

LaVine is charged with conducting all federal, state and local elections within the County of Sacramento. The 5th Congressional District is wholly within the boundaries of Sacramento County.

Nominations for the special primary election can be filed through January 24, 2005. All candidates who file qualifying nominations papers will be listed on one consolidated primary ballot. All qualified voters can vote for any candidate on the primary ballot. However, only the top vote-getter from each party will move on to the general election should no candidate reach the greater than 50 percent threshold.

More information may be found on Sacramento County's web site at www.saccounty.net/elections. ▼

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A Challenge To The GLBT Community

Terry Sidie, FACES and The Court Imperial of Sacramento (CGNIE, Inc) have come together to spearhead a campaign to provide monetary relief for victims of the recent tsunamis in Southeast Asia from Sacramento's Gay, Lesbian, Bisexual, Transgendered and Intersex communities and their friends.

Starting Friday, January 14th through Valentine's Day 2005, FACES Nightclub (20th & K Streets, Sacramento CA) will be donating a portion of the proceeds from its door cover charge EVERY DAY to a special fund created by Sacramento's Court Imperial (CGNIE, Inc). This fund is part of a nationwide campaign by the International Court System, the second largest GLBTI charity organization in the United States to provide direct assistance through UNICEF to tsunami relief efforts.

During the one-month promotion, Sacramento's Court Imperial will be augmenting the donation with various fundraising shows, events and activities located at FACES Nightclub.

Terry Sidie has issued a challenge to local GLBTI and other business owners to join in this campaign. By combining the efforts of Sacramento GLBTI organizations and businesses, it is Terry's hope to demonstarte to the world that Sacramento's community is strong, vital and cares about its fellow man. Donations received by CGNIE during this campaign will be credited to Sacramento's community through the International Court System and Unicef. ▼

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Cal Grant Means Free Money for College

Students Should Apply Now to Meet March 2 Deadline

California's Cal Grant program launched its latest campaign to connect qualified high school seniors with as much as $8,300 in free money for college.

The money does not have to be repaid, but students must file applications before the March 2 deadline. To obtain a Cal Grant, students must meet certain financial requirements and have a minimum 2.0 grade point average (GPA).

"If you work hard in school and get good grades, the state will help pay your way through college or vocational school," said Diana Fuentes-Michel, executive director of the California Student Aid Commission. "If you thought you couldn't afford to go to college before, you may now with a Cal Grant."

To apply for a Cal Grant there are two forms students must complete. The first is the Free Application for Federal Student Aid, or FAFSA, which can be obtained online at www.fafsa.ed.gov, or from high school counselors. This form can be submitted either online or by mail, but the online version is quicker and prevents mistakes.

The second form to fill out is the Cal Grant GPA Verification Form, also available from high school counselors. Students must fill out Section B of the verification form and then take it to a counselor for signature before mailing it in. Many schools submit GPAs for students, but it's the student's responsibility to ensure that the information reaches the California Student Aid Commission.

The California Student Aid Commission has helped California's students fulfill their potential through a college education, or with vocational training, for 50 years. The Cal Grant program is the state's merit- and need-based financial aid program for students and is administered by the California Student Aid Commission. Last year nearly a quarter of a million California students were served by Cal Grants. This included over 63,000 high school seniors and the state of California wants to award Cal Grants to even more students in 2005.

Help is available in completing each form. Many schools and community organizations provide evening or weekend financial aid workshops for students and their parents. At these workshops, students will receive all the assistance they need to complete the FAFSA. Financial aid professionals also participate in the workshops and provide additional information.

To find out more about financial aid workshops, just log on to www.californiacashforcollege.com or call toll-free 1-866-476-8787 for workshop locations and dates.

For more information on Cal Grants, visit www.calgrants.org or call toll-free 1-888-CA-GRANT, that's 888-224-7268. For information on applying to colleges in California, visitwww.californiacolleges.edu. ▼

LGBT College Students of Color to Gather At National Summit

This Martin Luther King, Jr. weekend, the United States Student Association (USSA) Foundation will conduct the first ever Lesbian, Gay, Bisexual, and Transgender (LGBT) Student of Color National Summit. The event will take place at the Ohio State University in Columbus, Ohio.

"Over the past decade we have witnessed a significant increase in the number of college student organizations devoted to empowering LGBT students of color. Now, dozens of colleges across the country have such groups," said Nicholas Sakurai, organizer of the summit and Director of USSA Foundation's LGBT Student Empowerment Project.

The National Summit will include roundtables, skills trainings, and strategic planning sessions to launch a national dialogue on building the local capacity to develop successful spaces that support LGBT students of color. "In the often isolated world of LGBT student of color campus activism, this summit is an invaluable opportunity to share strategies for success and work together on the challenges ahead," said Eddy Morales, U.S. Student Association Vice President.

As a visibly emerging campus community, LGBT students of color face significant barriers to higher education, from being targeted for hate crimes and verbal harassment to the lack of presence in the curriculum. Campus groups for LGBT students of color often provide supportive spaces, conduct educational forums for staff and students, and advocate for policies that promote the recruitment and retention of LGBT students, faculty, and staff of color.

"Change is coming and young LGBT people of color are here to bring it," said Lilia Williams, one of the lead facilitators for the summit. "We're tired of facing anti-gay and anti-transgender attitudes within communities of color and sometimes in our own families. We're tired of watching racism silence our voices in LGBT organizations. We want to see students united, not divided. But a lot of work must be done to achieve our vision of justice."

The groundbreaking National Summit will take place January 15-17, 2005, and will bring together over fifty (50) LGBT college students of color from across the country. The summit is made possible by generous hosts at the Ohio State University and by the Gill Foundation, the nation's largest LGBT funder. Numerous other organizations are also sponsoring the summit.

The U.S. Student Association is the country's oldest and largest national student organization, representing millions of college students. Founded in 1947, USSA is the recognized voice for students on Capitol Hill, in the White House, and in the Department of Education. USSA believes education is a right and works on building grassroots power among students to win concrete victories that expand access to higher education at the federal, state and campus level. USSA Foundation is the research, education, and training arm of USSA. ▼

Lesbian Magazine Announces Major Redesign

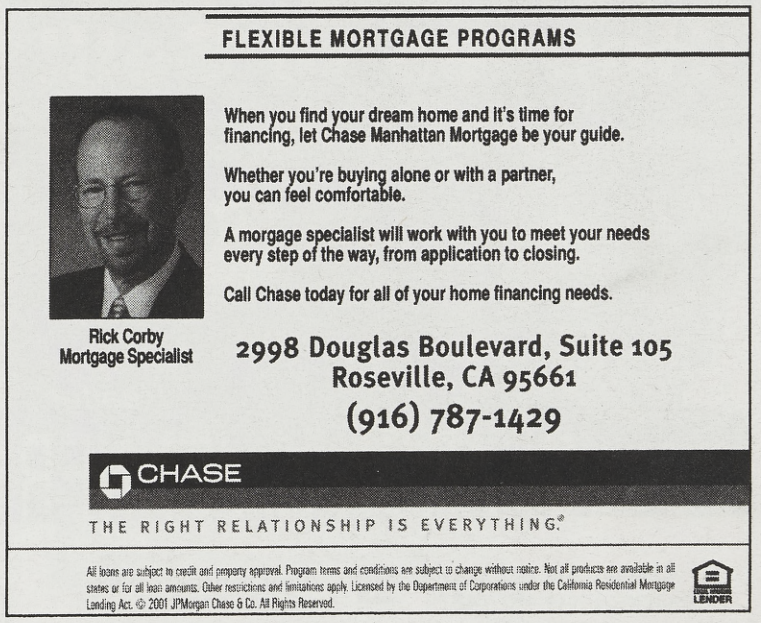
Sporting the new tagline "The Word on Lesbian Lifestyle," Girlfriends, North America's leading lesbian monthly, will debut its new look and fresh content with its April 2005 issue. The redesigned Girlfriends will place more emphasis on lesbian lifestyle with extended sections on lesbian health, travel, relationships, and fashion.

"The new Girlfriends is aimed at a hipper, sexier readership," says editor in chief Heather Findlay. The new centerpiece, a ten-page section called "Queer as Life," will cover lesbian lifestyle, from sex and dating to food and wine. Readers will get more fashion, more health coverage, an expanded travel section, and a fresh "Girl Guide" to TV, books, music, DVDs, and film.

"Enormous changes have happened in the lives of Girlfriends' readers," adds Findlay. "Today's lesbian is much more open, proud, and integrated into mainstream society. The new Girlfriends will reflect that."

"If the old Girlfriends focused on lesbian identity," Findlay concludes, "the new one will focus on lesbian style." The April issue is planned at a minimum sixty-four pages and will feature special music coverage, including Girlfriends' annual "Songbirds to Watch Out For" pictorial.

H.A.F. Publishing is the parent company behind Girlfriends, On Our Backs, and the official programs for San Francisco's LGBT Pride, the Folsom Street Fair, and the Castro Street Fair. Girlfriends has been published since 1994 and is distributed nationally. Visit us online at www.girlfriendsmag.com. The quarterly On Our Backs, "Adventures in Lesbian Sex," is the world's only lesbian erotic title and has been distributed nationally since 1984. Visit On Our Backs online at www.onourbacksmag.com ▼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Momentum Grows For January 20 Counter Inaugural Demonstration In San Francisco & Washington DC

SAN FRANCISCO
Gather at 5pm Civic Center Plaza, march to follow Go to www.actionsf.org for more info on the SF demonstration and to download flyers.

WASHINGTON DC
Converge at 4th St. Pennsylvania Ave. on the north side of the parade route .

A permit has been obtained for a mass convergence at 4th St. and Pennsylvania Ave. along the north side of the parade route. You can bring your own signs or pick up signs, banners and other materials at this location. Any sign that is made of cardboard, posterboard or cloth and that is no larger than 3 feet by 20 feet and 1/4 inch in thickness can be brought to the parade route. We will provide additional logistical information in the coming days.

The Bush administration has done everything to try to prevent mass assembly protest along Pennsylvania Avenue on January 20. We are involved in an ongoing legal and political challenge, asserting the right of the people to line the inaugural route. The whole world will be watching Pennsylvania Avenue on January 20, 2005, just as they were at the inauguration on January 20, 2001.

At the same time as we are continuing to fight to stop the government from creating large exclusive use sections lining the public parade route solely for Bush supporters and donors, we want to make it clear to everyone that we have obtained permitted space and that under all circumstances you have the lawful right to come to Pennsylvania Avenue and to make your views known, seen, and heard. Pennsylvania Avenue does not belong to Corporate America and the ultra-right.

The government is glad to give antiwar organizations a permit to go anywhere but Pennsylvania Avenue. They have been attempting the same tactic they used during the Republican National Convention when they tried to banish mass protest from midtown Manhattan, the site of the RNC. Don't be diverted.

The only way to maintain our right to demonstrate at the site of the inauguration is to come to Pennsylvania Avenue in large numbers as close to 9 am as possible on January 20. The Bush/Cheney Presidential Inaugural Committee and the National Park Service know full well that unless people arrive at Pennsylvania Avenue as close to 9 am as possible it is unlikely they will gain access to the area.

To reiterate: We have obtained a permit for an antiwar convergence at 4th St. and Pennsylvania Avenue. Those organizing bus transportation, vans, car caravans, or planning individual transportation should do everything in their power to be at 4th St. and Pennsylvania Avenue, and along the Pennsylvania Avenue parade route, as close to 9 am as possible. The Bush government is using national security as a pretext to avoid the political embarrassment of thousands of people holding up antiwar signs and banners as the presidential caravan travels, first to the Capitol and later to the White House along Pennsylvania Avenue.

A.N.S.W.E.R. organizers are in touch with people organizing buses, vans and car caravans that are coming to be on Pennsylvania Avenue from across the East Coast, Midwest, South and West. In a tremendous display of the vast opposition that exists to the Bush administration's criminal war against Iraq and the other elements of their reactionary program here and abroad, a massive number of people are coming to DC from every region of the country.

For details about transportation and contact information, www.pephost.org/J20buses If you are organizing transportation from your city but are not yet listed, fill out the Transportation Form. http://www.pephost.org/J20transportation. ▼

Civil Rights... Community... Movement...

continued from **Page 3**

This public debate serves another purpose as well: it reveals the unjust realities our community faces. If we must take time to care for an ill partner, we can lose our jobs because we are denied the protections of the federal Family and Medical Leave Act. Surviving gay and lesbian partners can find their families imperiled by laws that deny inheritance, child custody rights, and Social Security survivors' protection. Binational LGBT couples and families can be cruelly torn apart by deportation and immigration laws that treat them as legal strangers.

The manifest unfairness of these and countless other discriminations is one reason why support for LGBT equality continues to rise. It's also why we must commit to creating of our diverse community a truly inclusive movement - one that is represented by and pursues justice for the diverse lives that give it substance.

The groups represented here are parts of a large civil rights orchestra. We play different instruments - lobbying, electoral politics, impact litigation, grassroots organizing, public education, media advocacy and more - and we are dedicated to playing them well. While our organizations vary in focus and strategies, we share a number of common priorities that will help shape and unite our work in the months and years to come. Among them:

* We must fight for equal employment opportunity, benefits and protections - and the federal and state laws that safeguard them.

* We must fight against anti-LGBT violence and for the inclusion of sexual orientation and gender identity in federal hate crimes law that already protects Americans based on race, religion and national origin.

* We must fight - in both the private and public sectors - for better access to health care and insurance. We must advocate for HIV/AIDS policies - including age-appropriate, LGBT-inclusive comprehensive sexuality education - that effectively address this epidemic at home and abroad.

* We must insist on safe schools, where youth can learn free from bullying, harassment and discrimination.

* We must fight for family laws that give our children strong legal ties to their parents.

* We must work to overturn the military's discriminatory anti-LGBT ban, which dishonors service members who serve their country with valor and distinction.

* We must continue to expose the radical right's efforts to advance a culture of prejudice and intolerance, and we must fight their attempts to enshrine anti-gay bigotry in our state and federal laws and constitutions.

* And we must continue our vigorous fight for the freedom to marry and the equal protections, rights and responsibilities that safeguard our families, strengthen our commitments, and continue to transform understanding of our lives and our relationships.

In December, "People" asked President and Mrs. Bush about civil unions. "Is a couple joined by that kind of legal arrangement as much of a family as, say, you two are a family?" "Of course," President Bush replied.

Bush's acknowledgement (despite his support for an anti-gay constitutional amendment) has set an important new minimum standard for future dialogue surrounding same-sex couples and families, one that reflects an evolving public respect for our relationships that even those who seek to codify discrimination against us cannot easily ignore.

This revolution in understanding and respect has been made possible by millions of lesbian, gay, bisexual and transgender Americans who are coming out, being out, and living the truth of their lives for others to see. By families unafraid to publicly declare their love for and commitment to one another. By people unwilling, by word or deed, to tell future generations that our relationships are deserving of anything less than acceptance, respect and celebration. And by an orchestra of organizations committed to the strategic advancement of our movement.

But at the end of the day, our movement must be more than a collective noun. It must also be an action. Even the most vibrant, vital community can, over time, settle into a status quo. A movement cannot. And the success of our movement is measured not only in the hearts and minds we change, the allies we engage and the civil rights we secure, but in the strength of our collective commitment to the pursuit of enduring social, political and legal change that moves us ever closer to true equality. Each of us. Each of you.

Get involved. Learn more about the work of our movement's local, state and national organizations. Invest in that work. Encourage your straight friends and family to do likewise; give them the opportunity to invest in our future - and theirs. Champion equality and respect in your community. Engage new allies at home, in your workplace, in your place of worship, at your school. Stand up. Spread the word. Share your story.

By virtue of who we are, we're a community. But it is by virtue of the decisions we make that we become part of a movement - a civil rights movement working together to create a better, more hopeful world limited only by our ability to envision its promise and experience all that it has to offer.▼

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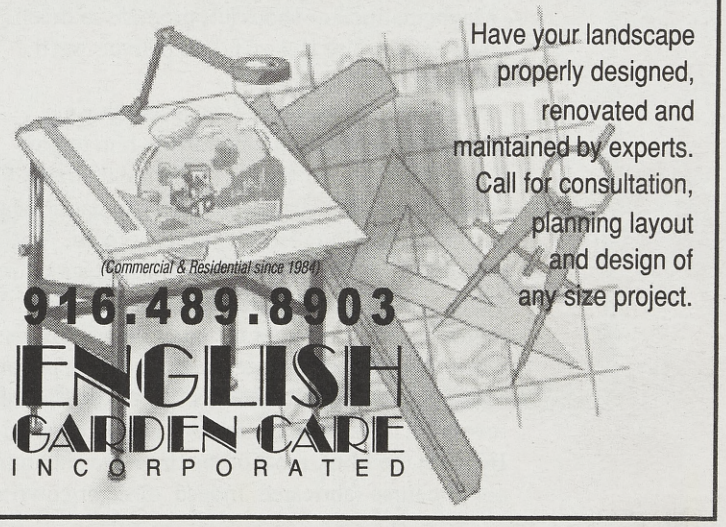

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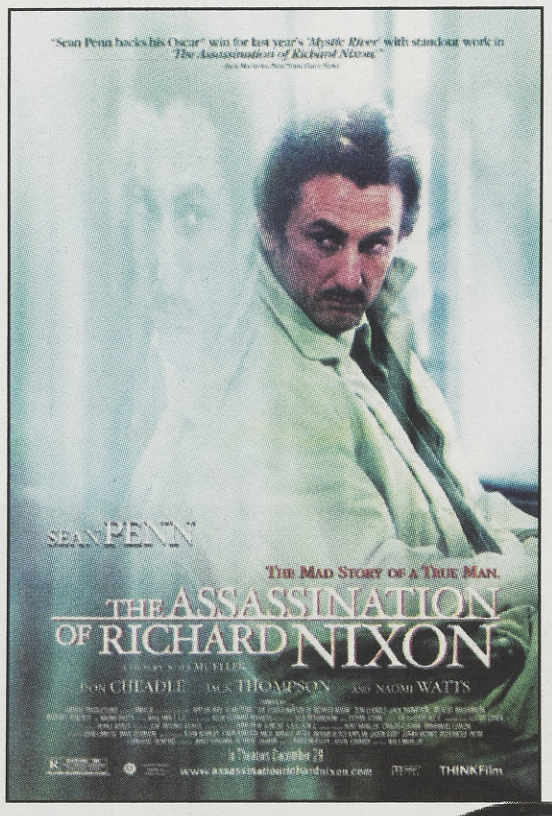
Out On Film

By Stefan Gruenwedel
MGW Staff - stefan@stefanmedia.com


"Sean Penn backs his Oscar" win for last year's "Mystic River" with standout work in
The Assassination of Richard Nixon
SEAN PENN
THE MAD STORY OF A TRUE MAN.
THE ASSASSINATION OF RICHARD NIXON
DON CHEADLE JACK THOMPSON AND NAOMI WATTS
THINKFilm

The Assassination of Richard Nixon

Starring **Sean Penn**, **Naomi Watts**, **Don Cheadle**, and **Jack Thompson**.
Directed by **Niels Mueller**.
(Rated R, 95 min.)

Willy Loman Gone Bad

There's a moment in Niels Mueller's *The Assassination of Richard Nixon* when a sense of political déjà vu arises and leaves you wondering at life's little jokes. The film's protagonist rails against the worsening quality of life during the presidency of a corrupt Republican who wages an unpopular war and is accused of tampering with a national election.

Interestingly enough, however, this particular president served thirty years ago, and the film's script was penned before the current president even began his first term—so any similarities are apparently coincidental.

Politicians love to wax poetic about the promise of the American Dream, where the stability of your job equals your net worth and the stability of your family (not to mention size of your house, garage, and car) equals the value of your character.

Maybe politicians shouldn't promise so much, however, because if they fail to deliver, we'll know whose fault it is.

Sam Bicke (**Sean Penn**) is a loser whose disillusionment with his life drives him to plot the assassination of President **Richard Nixon**. Of course he might have been a loser no matter who occupied the White House but it is Nixon, "the greatest salesman of them all," whose face graces the television screen each night and becomes seared in Sam's mind as the chief culprit for his woes—and those of other disenfranchised people.

Although the film is based on the circumstances involving a real man named **Sam Byck** (spelled Bicke in the film), most of the dramatic situations are of course fabricated. Indeed, director/cowriter Mueller had the idea for this story about such a man even before he'd ever heard of the real Byck. Even so, finding someone real to help you flesh out a fictional character always helps.

From the looks of things, this Bicke is a real character. Life's general unfairness, whether it affects himself directly or those he cares about, looms large in his mind. To him petty prejudices are gross injustices in disguise.

Already separated from his family at the start of the film, Sam struggles as a furniture salesman to secure himself financially and win back his estranged wife, Marie (**Naomi Watts**).

It is not easy. Sam is not allowed to visit her without prior notification. He must contend himself also with the realization that, a year after their separation, she is moving on with her life and has her eyes set on someone else to share it with.

Meanwhile, Sam's forceful boss (**Jack Thompson**) uses questionable sales tactics to win over customers. This behavior grates on Sam. The boss also believes that only married salesmen make good salesmen. He gives Sam self-help books to solve his problems and improve his overall game. He has no clue how bad Sam's life really is.

Sam's only reliable friend is a car mechanic, Bonny (**Don Cheadle**), who lends him an ear whenever he needs to rant. Estranged from his brother's own car repair business, Sam imagines himself setting up a mobile tire service with Bonny. Despite his lack of experience with such a business venture and his unconvincing enthusiasm in the banker's office, he applies for a small business loan and, with unrealistic expectations, awaits the decision.

Naturally, things do not go his way—for reasons both his own fault as well as those beyond his control. The current is clearly against him, however, and soon the tidal wave he perceives becomes too much for him to bear.

A sense of conspiracy emerges as Sam plans his next move. Not one to become a footnote in history, he records his thoughts and reasons for his actions into a tape recorder, with the notion of sending the tapes eventually to none other than **Leonard Bernstein**, apparently because the great man's music speaks to him.

Penn plays Sam as a small, helpless man, someone belittled by circumstances and beset with problems. It's an intense portrayal to be sure, yet it fails to explain what we need to know about the man: whether he is actually sane or not. Sam appears so unsettled that you wonder why Marie would have mothered three children with him. If his current state is a recent one, it's unclear why he snapped.

Ultimately what makes *The Assassination of Richard Nixon* fascinating, aside from its crisp characterizations, is its relevance today. The American Dream is less attainable to more people than it was in 1974 and there's one very successful salesman in charge of the country. The only thing that has improved considerably over the intervening years is airport security.

The Assassination of Richard Nixon opens January 21 at the Crest Theatre. Info: www.assassinationrichardnixon.com. ▼

Honor Your Community.

Lambda AWARDS 2005

Monday, March 21, 2005

The Lambda Community Fund will be honoring the "Best of the Best"; those wonderful people, both inside and outside the LGBT community, who have distinguished themselves in either their service to our community or their efforts to end discrimination towards us.

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Entertain Me Sacramento

Kodo Brings Taiko Drumming To Mondavi Center

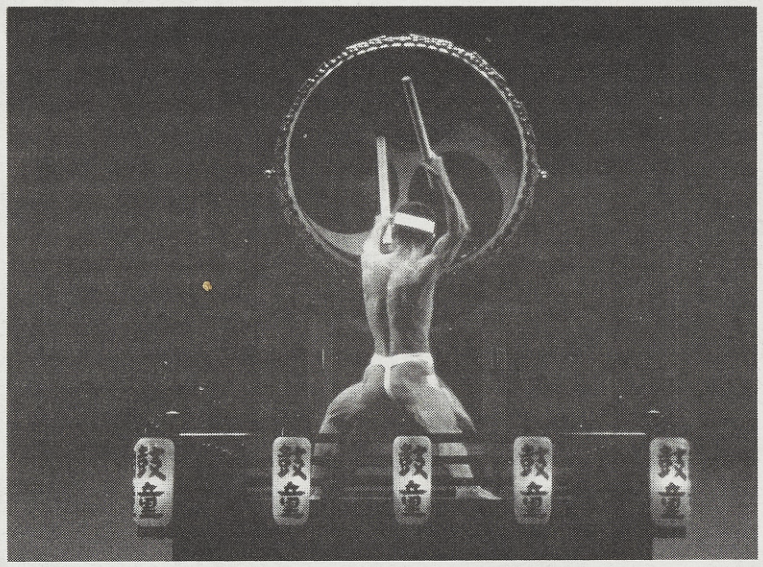
The "percussionist kamikazes" known as **Kodo** will bring their exciting, highly theatrical brand of taiko drum performance to the **Robert and Margrit Mondavi Center for the Performing Arts** at UC Davis. The Japanese percussion ensemble, which has released numerous acclaimed recordings, performed thousands of shows around the world, and collaborated with a wide range of artists including the **Drummers of Burundi**, jazz legend **Max Roach**, and the Grateful Dead's **Mickey Hart**, returns to Davis with a presentation mixing traditional and progressive taiko drumming and rich visual spectacle.

The event will begin at 8 pm on February 2, in Mondavi Center's Jackson Hall on the UC Davis campus. Tickets are available from the Mondavi Center Ticket Office at 530.754.ARTS (2787) or online at MondaviArts.org. The event is presented as part of Mondavi Center's Java City Global Beat series, with media sponsorship provided by KCRA TV-3. There will be a free Pre-Performance Lecture by **Tiffany Tamaribuchi**, founder and artistic director of **Sacramento Taiko Dan**, prior to the performance at 7 pm in Mondavi Center's Studio Theatre. The lecture is sponsored by UC Davis Health System and hosted by Friends of Mondavi Center.

Using the traditional Japanese drum, the taiko, Kodo exists both to connect with the past and to explore new musical directions, finding ever-expanding possibilities in their ancient instruments. The Japanese characters for "Kodo" convey two meanings: first, "heartbeat"—the sound of the mother's heartbeat as felt in the womb; second, read in a different way, the word can mean "children of the drum"—a reflection of Kodo's members' desire to play their drums simply, with the heart of a child.

Appearing as Kodo for the first time at the 1981 Berlin Festival, these artists have since given more than 2,500 performances in 43 countries, becoming Japan's most widely-traveled and acclaimed performing arts group. (Local audiences will remember the group's stunning performance at Mondavi Center in February 2003.) Kodo spends about a third of the year overseas, a third touring in Japan, and a third resting and preparing new material on Sado Island.

Kodo strives to both preserve and re-interpret traditional



Japanese performing arts. Beyond this, members traveling on tours and research trips all over the globe have encountered a kaleidoscope of world music and experiences that now influences the group's performances and compositions. Collaborations with other artists and composers extend right across the musical spectrum and Kodo continues to produce startling new fusions and forms.

Now entering its 22nd year, Kodo still pulsates to rhythms oscillating between singing and dancing, fusing an eclectic blend that resembles African polyphonic drum music, Indian rhythmic talas, classical modal scales, and Chinese liturgical chants. Its latest compositions even feature the harmonica, Chinese clappers, and woodblocks.

When touring, Kodo members load their own taiko drums, including the 800-pound Odaiko drum. Carved out of a giant African Bubinga tree and with a large leather skin tacked onto each side, this gigantic drum requires eight men to lift it onto its stand. To be 'Kodo-ized,' apprentices train for two years in an old wooden schoolhouse in the mountains on Sado, an island in the Sea of Japan. Members learn to perform on an array of instruments, ranging from the Shinobue (Japanese bamboo flutes), Kane (bells), Chappa (hand cymbals), shakers, gongs, Shamisen (a three string lute-like instrument), and three types of drums—the Miya Daiko, the Okeda Daiko, and Shime Daiko.

In ancient Japan the taiko was a symbol of the rural community and it is said that the limits of the village were defined not by geography but by the furthest distance at which the taiko could be heard. It is Kodo's hope to bring the sound of the taiko to people around the globe, so that we may all be reminded of our membership in the world community. ▼

Info: www.MondaviArts.org

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Exercising Together: A Recipe For Weight Loss

If your weight loss program is going to the dogs, there could be good news: A study called People and Pets Exercising Together (P-PET) found that people and their pets are both more successful in staying with a weight loss program when they exercise together.

The news comes at a time when experts say more than 60 percent of Americans and 30 million cats and dogs in the U.S. are overweight. If you and your four-footed friend need to shed a few pounds, try these tips:

Talk With An Expert-Be sure to talk with a doctor before starting a weight loss program, and make sure you speak with a vet before putting your dog or cat on one.

Progress, Not Perfection-Set realistic goals for you and your pet. If your pet is 25 percent overweight, it will probably take one-quarter of a year to reach his target weight. Similarly, healthy weight loss in humans takes time. Measure your progress in small victories, not sweeping changes.

Reward Success, But Not With Food-If you lose a few pounds, treat yourself to a movie or show. If you lose a few more, buy yourself a new outfit-just don't reverse your success by indulging in unhealthy behavior. Similarly, reward your pet with praise, not food. It's also a good idea to keep him out of the kitchen while you cook. That way you won't be tempted to toss him some scraps.

Pace, Don't Race-Eating slowly can help you eat less and still feel satisfied. It takes 15 minutes or longer for your brain to get the message that you are full. When you feed your overweight pet, try not to do it at the same time that you feed your other pets. That will make it easier to keep an eye on how much he eats.

Dogs in the P-PET study were fed a low-fat, nutritionally balanced food, Hill's Prescription Diet Canine r/d, which is specially formulated to help dogs lose weight while keeping them feeling satisfied. Over the course of a year, the people and pets in the study dined together, exercised together and hit the scales together.

The dogs shed an average of 12 pounds-or 15 percent of their initial body weight-and their owners lost an average of 11 pounds-five percent of their initial body weight. Doctors say the owners gained something as well: the motivation to stick to specific diet and exercise strategies with their dogs and succeed at weight loss for the long term. A study found that when people and pets exercise together, it's easier for both of them to lose weight-and keep it off.

If you are interested in getting involved in the P-PET program, visit www.petfit.com or speak with your veterinarian. ▼

Pet-Proofing Your Home From The Floor Up

Welcoming a new pet into your home requires preparation. Pet-proofing your home before your new four-footed friend's arrival is one of the best ways to keep your pet healthy and happy (and to keep your house from going to the dogs). Try these tips:

Have A Plan

Start by determining whether or not you want your pet to have the run of the house. Look for small objects a pet could chew and choke on, or access to garbage containers that your pet could topple. Be sure you and your family agree on what rooms Fluffy or Fido can and cannot go into; this way, there will not be any mixed messages that can confuse your pet.

Keep Your Pets Busy

If pets are left alone in the home all day, another way to keep them occupied is to scatter pet toys throughout the areas in which they frequently play. This way, they can move from one toy to another and keep themselves busy until you get home. This will also keep playful and curious pets out of harm's way. Even so, consider buying childproof latches for cabinets that house cleaners, especially if pets are left alone.

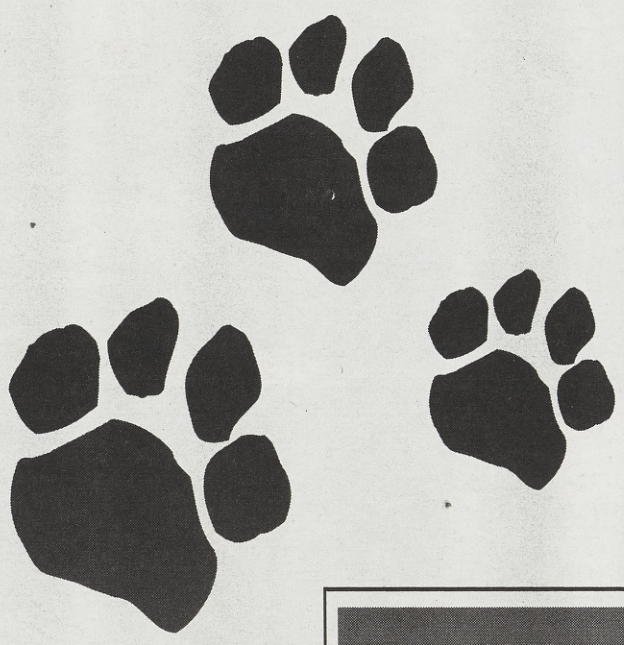
Furniture

If you do not want your pets on certain pieces of furniture, try using "childproof" gates or other barriers to keep them out of the rooms where the furniture is kept. If they happen to jump up onto furniture, immediately order them down to train them that what they are doing is wrong. If you have furniture that your pet is allowed on, consider covering it with slip covers or throws to keep pet hair and staining to a minimum.

Floors

Certain types of floors are more resistant to pet wear and tear than other types. For instance, luxury vinyl tends to resist spills, scratches and tracked-in dirt-staples in many homes that have pets. These floors are more resilient and less expensive than other flooring options, such as wood, tile or stone. Nafco by Tarkett offers PermaStone Modular in a variety of natural looks and newly sized tiles. The flooring can be assembled in modular units and styles can be mixed and matched to create a number of decorative options.

For more information, visit www.nafco.com. ▼



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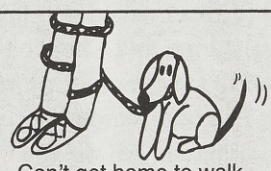

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A Little Food & Wine

By Katrina Torres

EYES WIDE OPEN

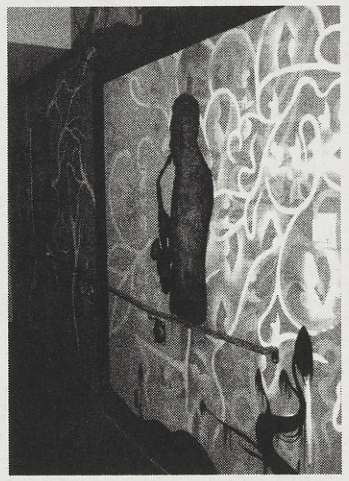
If you stand on the southeast corner of 15th and K streets and look up, you'll see a sign that says Capitol Garage, Fodder and Libations. Despite the name, it's not a place to get your car motor running, but if you want to get your internal motor fueled up and running, this is exactly the place to do it. If the supercharged coffee selections don't do it, then the mad, mad musical graffiti artwork walls will open your eyes, and if that doesn't, then the live music Capitol Garage is famous for will. If your still not fired up, then you need more help than I can give you. Might I suggest Paxil or Zoloft?

I first hit the joint about 1:30pm on a Saturday, which was a good choice, since the lunch crowd had pretty much cleared out. The décor was colorful, and I had my choice of lots of photo top tables to ogle the wild walls from. I was celebrating a promotion, so I decided to indulge in a glass of Fat Tire Ale, one of 7 microbrews and craft beers on tap. It went down real smooth with the crispy deep-fried calamari appetizer, served with a zesty jalapeno aioli on the side.

The housemade soups, pasta salads and the display case full of fresh baked goodies tempted me, but I held out. I had to save room for the Hot Pastrami sandwich I had ordered. All the hot sandwiches come with your choice of a really big helping of really good fries, or a generous side salad of crisp romaine, topped with shredded carrots, Roma tomatoes, big crunchy croutons and shredded cheese. I ordered the blue cheese dressing both times I ate there, and the first time I thought they mistakenly gave me Ranch Dressing, but it was so good I just ate it anyway. The second time I realized that this *was* their Blue Cheese Dressing, it just wasn't very blue cheesy.

The Hot Pastrami was flavorful, served on a wonderful grilled foccacia with melted Swiss cheese, and slices of red onion. Those with light appetites could probably share this meal, if they share an appetizer first. Cher and I had The Siciliano and The Hot Ham and Cheese on our subsequent visit, and both were very satisfying. The Siciliano rang my bell, with its honey smoked turkey, Gorgonzola and cheddar cheeses, sliced pepperoncini, red onion and garlic aioli on grilled foccacia. Cher, being a Black Forest Ham lover, really enjoyed the Hot Ham and Cheese, and we both had to get take out boxes. Hooray! Two meals for the price of one!

Since they moved from their old location on L Street, a block away, Capitol Garage has sported a full bar, so the under 21 crowd can't hang out there anymore after the live night action starts. While the crowd may be a little less exuberant than the old days, the vibe is still basically the same. There's an 8-seat libation station, great coffee and baked goods to wash down with it, and great breakfasts. You can catch the 3-band live music lineup on Friday and Saturday nights, with other things going down other nights. Check out The Capitol Garage's website at www.capitolgarage.com for details, or call them at (916) 444-3633. ▼



BOILED WATER

Here it is, folks, for those of us who can't boil water, an actual recipe. Gleaned from the cookbook How to Cook Everything, Simple Recipes for Great Food, by Mark Bittner, it's actually pretty darn tasty.

4 cups water
6 to 10 cloves garlic, lightly crushed
1 bay leaf
salt and fresh ground pepper to taste
¼ cup extra virgin olive oil
minced fresh parsley
4 thick slices French or Italian bread
(slightly stale bread is fine)
½ cup freshly grated Parmesan or Pecorino Romano cheese

Combine the water, bay leaf, garlic, salt and pepper in a saucepan or stockpot and bring to a boil. Cover partially and turn heat to very low. Simmer gently for 15 minutes.

While the soup is cooking, place the olive oil in a large skillet over medium heat. Brown the slices of bread in the oil, turning occasionally, for a total of about 5 minutes or till golden brown. Remove it.

Put the bread in bowls and top with the grated cheese. Strain the soup into the bowls, garnish with the parsley, and serve.

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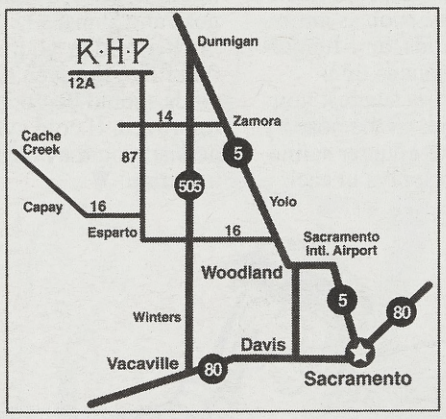

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west on Rd. 14 to Rd. 87 north to Rd. 12A

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www.doscoyotes.net

On The Health Front

Resolving To Lose Weight This Year? Go Back To Basics With Good Eating And Exercise Habits

Losing weight is the number one New Year's resolution in America and often people turn to fad diets as a quick fix. But fad diets change as often as the seasons, and by spring those resolutions to lose weight are long gone. According to medical experts, there is no quick and easy way to lose weight. The foundation of every successful weight-loss program still remains a healthy diet combined with exercise. Permanent changes in lifestyle and health habits must be made to lose significant weight and then keep it off.

"With the typical New Year's resolutions to lose weight come complex diet plans and fad diets that either restrict certain food groups, cost too much money, or take too much time-causing Americans to quickly lose sight of their good intentions for the New Year," said Timothy Crimmins, M.D., Vice President of Health, Safety, and Environment at General Mills.

Last January, hundreds of employees at General Mills kept their New Year's resolutions to lose weight with a program called "The 10/10 Challenge,"- employees were challenged to lose 10 pounds in 10 weeks by making changes to their eating and exercise habits. Employees shed nearly 3,000 pounds in 10 weeks. The tried and true program, now called "Brand New You" is available for free across the country to help Americans succeed with weight loss resolutions this year.

"'Brand New You' is based on the proven formula for losing weight, which is managing calories in and calories out through balance, moderation and exercise," says Crimmins. "The success our employees had with this program can now be achieved across the country."

The no-cost weight management program, found at www.brandnewyou.com, incorporates foods already found in most pantries across the country, as well as foods that can be found in virtually every aisle of the grocery store. It's easy to follow, offers great tasting, convenient foods, and fits into every lifestyle whether consumers are cooking just for themselves or their entire family.

The program provides consumers with ten weeks of customized daily menus developed by dieticians. The heart of the program is a balanced diet that includes grab and go snacks as well as easy, delicious recipes the whole family will enjoy. The site also includes exercise tips, strategies for eating smart, inspirational success stories, healthy living tips, and tools for tracking weight loss progress.

Visitors register for the program online and based on their height, weight, age, gender and activity level, the program delivers a customized 10-week meal plan designed to help consumers lose 1 pound per week. The week-by-week printable plan includes nutritional information for all meals and snacks, as well as recipes. Sample meals include Spicy Asian Lettuce Wraps, Ultimate Melt in Your Mouth Pancakes and Grilled Chicken with Scalloped Potatoes.

"The program is designed to last 10 weeks, based on the theory that it takes about eight to 10 weeks for people to make a behavioral change and about six weeks to see the benefits of a fitness regimen," said Crimmins. "A weight loss of one pound per week is a healthy and sustainable rate of weight reduction."

Those having trouble getting motivated can log on to www.brandnewyou.com to read inspirational success stories, like this one from Mark Addicks, Chief Marketing Officer for General Mills:

"The 10/10 Challenge couldn't have come at a better time for me. The program taught me new exercise and eating habits, and as a result, I lost 22 pounds in a little more than two months," says Addicks. "I sustain my weight loss by working out daily and practicing portion control."

The biggest benefit to weight loss? According to Addicks, it is having more energy to play with his five-year-old son, John.

Spicy Asian Lettuce Wraps is one of the recipes featured in the customized menu plan designed to help you shed 10 pounds in 10 weeks. ▼

Winter Indoors Can Be A Real Pain In The Sinuses

If you have sinusitis, you have lots of company. Many people suffer from it, particularly those who live in a moist climate, which provides a fertile breeding ground for bacteria.

Sinusitis starts with a trigger that may be different for each person. It could be allergies, a cold, cigarette smoke or even pollution. Normally, your sinuses drain a thin mucus that is swallowed without you even noticing it. But when you're exposed to that particular trigger, the sinuses close up, the mucus is trapped and bacteria grow.

Many people are more susceptible to sinus problems during colder weather because their environment changes. They spend more time indoors breathing dry air and travel on planes with recirculated air, both of which can cause nasal passages to become dry and prone to infection. People also come in close contact with others at parties and family gatherings, sharing germs that may evolve into colds and eventually develop into sinus infections.

While you can't always prevent a sinus infection, you can minimize your chances of developing one.

Use a humidifier at home, especially in the bedroom. If you're allergic to fungus, avoid damp basements. Wash your hands frequently. Avoid tobacco smoke. Maintain a healthful diet and stay active. If you have diabetes, keep your blood sugar under control.

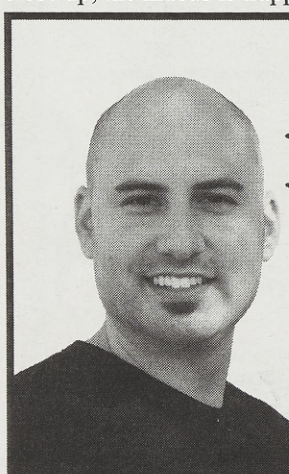
If you develop symptoms despite your best efforts, it may be a sinus infection or it could be something else.

Doctors report that a sinus infection can often be mistaken for a cold or allergy attack, so you have to look carefully at your symptoms. After five to seven days, most colds should be gone or have improved. If cold symptoms persist, you may have a sinus infection. Also, if you have allergy symptoms that continue even when you're not around common allergic triggers, such as pets or pollen, you may have sinusitis.

Doctors diagnose a sinus infection if a patient has at least two major symptoms or one major and one minor symptom. Major symptoms include facial pain and pressure, nasal blockage, runny nose or a decreased sense of smell. Minor symptoms may be fever, bad breath, fatigue, dental pain and ear pain or pressure.

Sinus infections can be treated with medications, such as antibiotics, nasal steroids, anti-fungal medicines, and mucus thinners. Many doctors suggest you remove impurities in the nose by using an over-the-counter saline nose spray. Two sprays in each nostril about four times a day is usually sufficient. Ayr Saline Nasal Mist, for example, helps loosen and thin secretions to aid in the removal of mucus from the nose and sinuses.

Is it a cold or your sinuses? After five to seven days, most colds should be gone or have improved. If cold symptoms persist, you may have a sinus infection. ▼



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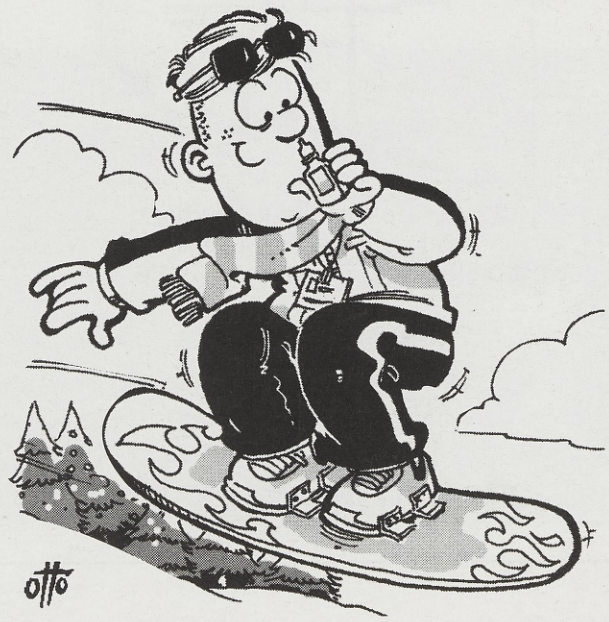
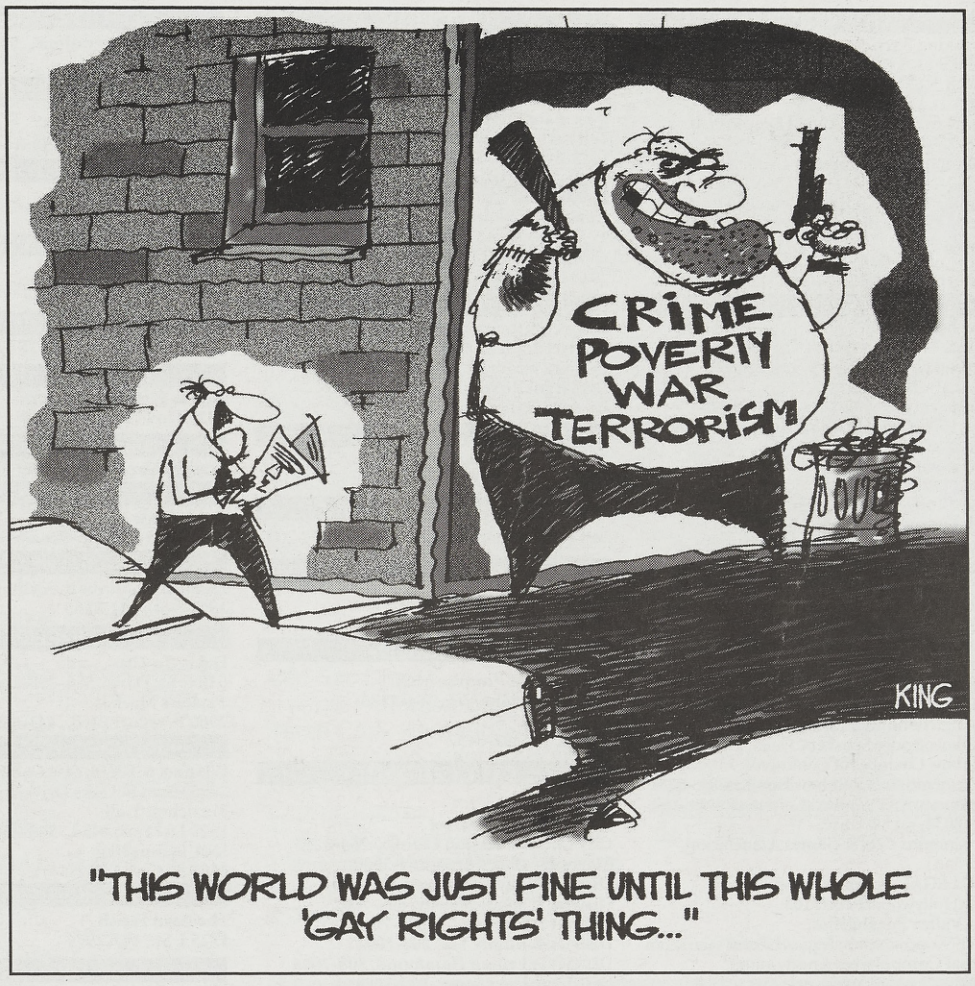
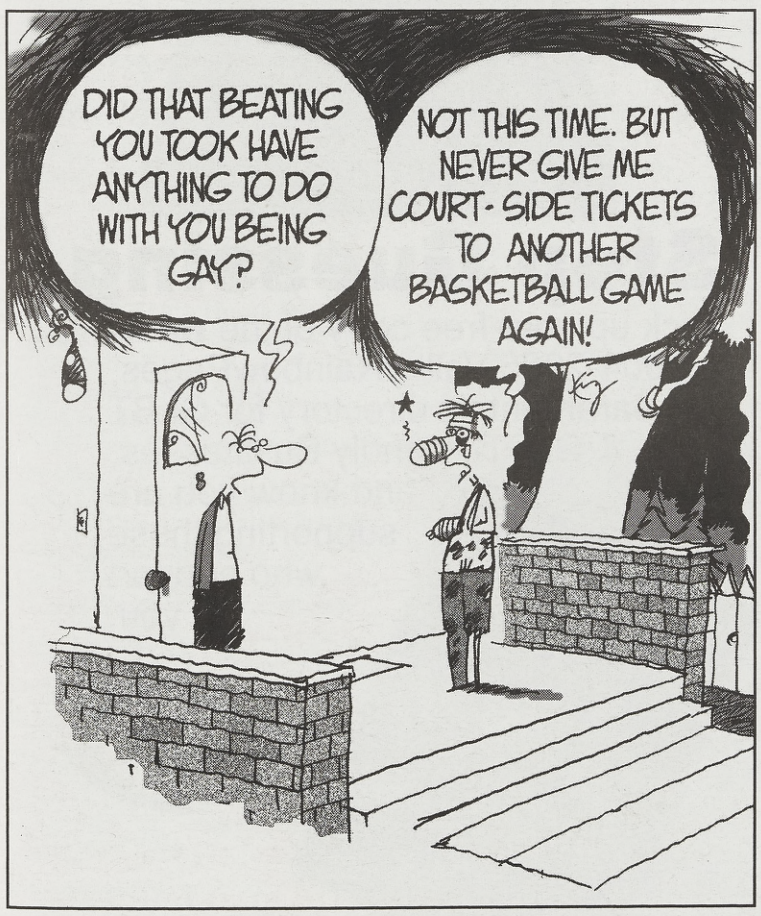
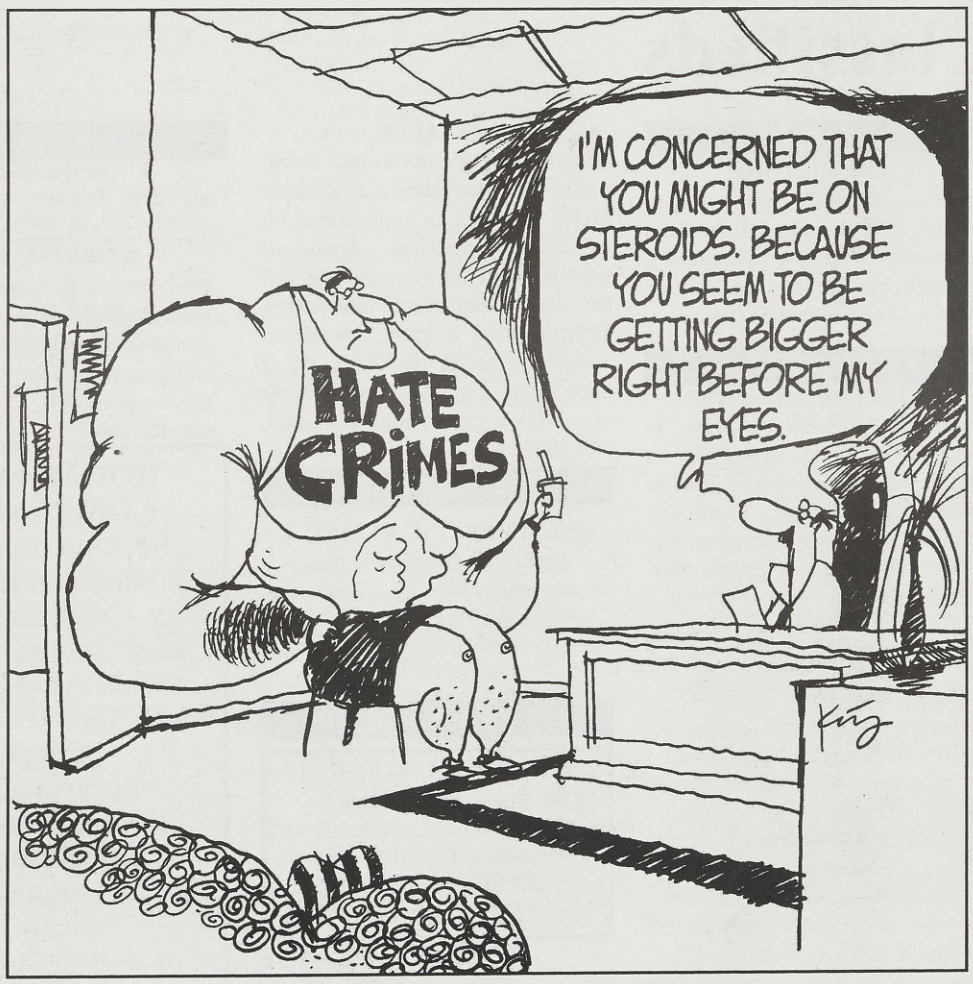


WHAT DO YOU SAY WE FIND SOME COMMON GROUND, AND STOP FIGHTING. AFTERALL, WE ARE ON THE SAME TEAM.
LGBT CIVIL RIGHTS GROUPS
LGBT CIVIL RIGHTS GROUPS


CRIME
POVERTY
WAR
TERRORISM
KING
"THIS WORLD WAS JUST FINE UNTIL THIS WHOLE 'GAY RIGHTS' THING..."


DID THAT BEATING YOU TOOK HAVE ANYTHING TO DO WITH YOU BEING GAY?
NOT THIS TIME. BUT NEVER GIVE ME COURT-SIDE TICKETS TO ANOTHER BASKETBALL GAME AGAIN!


HATE CRIMES
I'M CONCERNED THAT YOU MIGHT BE ON STEROIDS. BECAUSE YOU SEEM TO BE GETTING BIGGER RIGHT BEFORE MY EYES.

Business Directory

AIDS SERVICES
Breaking Barriers
2020 V Street, 447-AIDS
C.A.R.E.S.
1500 21st Street, 443-3299
Heart to Heart Emotional Support Group
386-2504
Metropolitan Community Center For AIDS
447-2444
Names Project, AIDS Memorial Quilt,
3104 O St., PMB 357, ozinsac@aol.com, 484-5646
Sac. County DHHS/Health Education Unit,
HIV Hotline 446-2694

ASSOCIATIONS
Alcoholics Anonymous,
2631B Riverside Blvd., Dan, 486-0331,
Capital City Hoopsters, gaybasketball.com
Capital City Squares,
CapitalCitySqrs@aol.com, 929-8697
CAP PAC, Capitol Political Action Committee,
736-2722
Female to Male Sac.,
646-1417, kpboxer@yahoo.com
FrontRunners & Walkers,
974-8199, frontrunners.org
Gay Fathers of Sacramento, 457-1812
Gay & Lesbian Sierrans,
gls_motherlode@yahoo.com
Lambda Letters Project,
728-1261, lambdalp@aol.com
LLACE, *(GLBT Library & Archives)*,
1414 21st, 492-0558
Log Cabin Republicans, www.lcrsac.com
Outdoor Adventures of Sacramento,
oas_news@hotmail.com
Rainbow Bridge Speakers, Paula, 658-0892
Rainbow Chamber of Commerce, 551-3832
Sacramento Area Rainbow Families, 863-0852
Sacramento Area Women's Community Network,
451-8034, sacwn.com
Sacramento Arts & Games Association,
451-8663
SAC LEGAL, geocities.com/WestHollywood/Park/3103
Sac. Valley Pozabilities,
564-1790, sacramentovalleypozabilities@yahoo.com
Sexual Compulsives Anonymous,
424-0967, sca-recovery.org
Sisters of Scota Women's Motorcycle Club,
725-9467, sgmn.org Pollack Pines, 530-644-8248
Valley Knights Motorcycle Club, 455-6540

AUCTION
The Auction House
10076 Mills Station Road, 361-8491

ATTORNEYS
Rosemary Metrailer, 447-7258
Teichert & Associates
1322 F St., 441-4410

AUTOMOTIVE
Capitol City European
1725 33rd St., 452-5811
Cuilla Brothers Body Shop
2413 J St., 443-6323

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District 1: Roger Dickinson, 874-5485
District 2: Illa Collin, 874-5481
District 3: Murial Johnson, 874-5481
District 4: Robert Niello, 874-5491
District 5: Don Nottoli, 874-5485

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383-9270, blacktiecat@aol.com

CEMETARY/MORTUARY
East Lawn Memorial Park & Mortuaries 732-2000

CHIROPRACTIC
Chaney Chiropractic & Rehab
1614 X St., #B, 326-4466

CHURCHES
Cathedral of Promise MCC
10500 Chaplain Ave., 364-4325
Dignity
2529 K St., 492-6452

CITY COUNCIL
City Hall
Room 205, 915 I Street
City Council Session Call-In, 264-8255
Mayor Heather Fargo: 264-5300
District 1: Ray Tretheway, 808-7001
District 2: Sandy Sheedy, 808-7002
District 3: Steve Cohn, 808-7003
District 4: Jimmy Yee, 808-7004
District 5: Lauren Hammond, 808-7005
District 6: Dave Jones, 808-7006
District 7: Robbie Waters, 808-7007
District 8: Bonnie Pannell, 808-7008

CITY PARKS
City Park Reservations, 277-6060

DIRECTORY
Valley Rainbow Pages
3104 O Street #325, 444-2322

DOCTORS
Dr. Michael DuPratt
813 30th St., 447-2951

DRY CLEANING
Freeport Cleaners
2001 4th St., 442-2838

ELECTRICAL
Tom Seares Electrical, 284-9115

FINANCIAL SERVICES
Killick Financial Services
2321 Lloyd Ln., 486-8985

GARDENING SERVICES
English Garden Care, 489-8903

GLASS
Bob's Glass
2415 23rd St., near Broadway, 739-8244

GLBTI CENTER
Lambda Community Center
1927 L St., 442-0185

GROCERIES
Davis Co-Op
620 G St.,Davis, 530-758-2267
Taylor's Market
2900 Freeport Blvd., 443-6881

HALLS/MEETING SPACE
Channel 6, KVIE, Ose Community Room
2595 Capital. Oaks Drive, 929-5843
Musicians Hall
1925 Del Paso Blvd., 565-2500
SMUD Building
6301 S St., 916-732-5310

HOBBIES/CRAFTS
The Bead Fetish
1725 L St., 447-7979

MORTGAGE
Chase Manhattan
Rick Corby, 2998 Douglas Blvd. Ste. 105, 787-1429

NEWSPAPERS
Mom Guess What Newspaper (MGW)
1103 T Street, 95814, 441-6397
California Job Journal
2033 Howe Ave., #100, 925-0800

OPTOMETRISTS
Dr. Cameron Yee
6407 Riverside Blvd., 395-0673

PET CARE
Animal Housecall
Dr. Nancy Weagly, 456-0967
Clip Shop
2631 A Riverside Blvd., 447-0393
Fur People Pet Sitting, 457-1655
Happy Tails Pets, 556-1155
Labrador Retreiver Rescue,
209-951-3697, labrescue.org

REAL ESTATE
Cook Realty
Charon Jenner, 4305 Freeport Blvd, 763-1781
Pfingst Realty,
9978 Folsom Blvd., 362-1166
Mark Whisler, Broker,
Whisler Land Co., 446-6666
Rickert Properties, David Rickert, 717.2188

RESTAURANTS
Café Melange
2700 24th Street, 451-2312
Dos Coyotes Border Cafe
1735 Arden Way, 927-0377
Greek Village Inn
65 University Ave., 922-6334
Sacramento Brew Pub
Town & Country Village, 485-4677

SACRAMENTO INFORMATION
Sacramento Police Dept.: sacpd.org
Sacramento Maps: citymaps.sacto.org

SHELTERS
WIND Center For Homeless Teens
300 Ahern St., 443-1386

SIGNS
Sign-A-Rama
3017 Arden Way, 564-4299

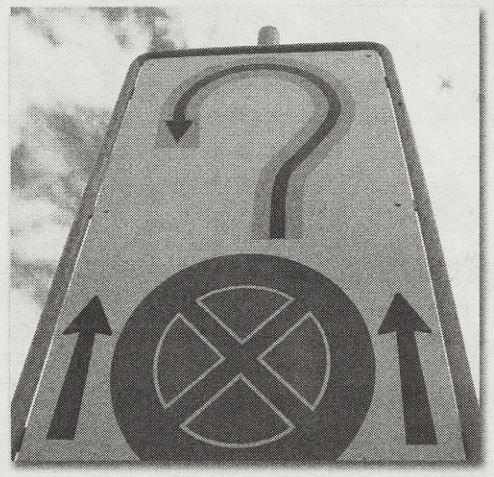
THERAPISTS
Bruce Gunn, MFCC #M19480
418 Alhambra Blvd., 443-7171
Sandra Warne, MFCC#30585
300 University Ste. 218, 568-1025

THRIFT STORES
MCC Out Of The Closet Thrift Store, 3230 Broadway, 454-5019
Sutter Hospice/Roseville, 2120 Harding Blvd., 783-5509

TRANSLATORS
Access Language Connection
1617 20th ST, 541-2300

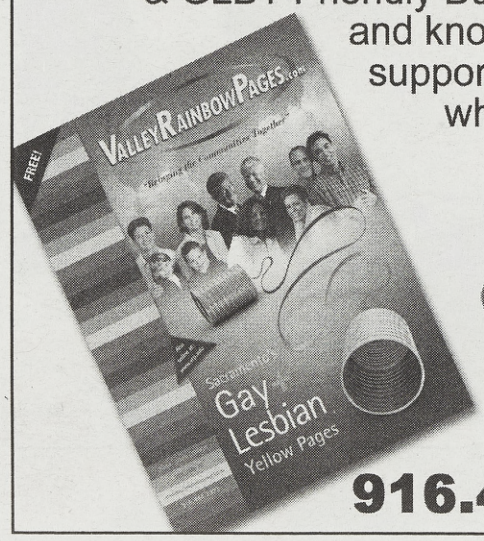
URGENT CARE
Dr. Michael DuPratt
813 30th St., 447-2951

VETERINARIANS
Animal Housecall
Dr. Nancy Weagly, 456-0967
Watt Ave. Pet Hospital
3321 Watt Ave., 482-4084



Stop Guessing.

Pick up your free copy of the **new** 2004-2005 ValleyRainbowPages, Saramento's directory for GLBT & GLBT-Friendly Businesses, and know you are supporting those who support you.



vrp.info

916.444.2322

Classifieds

ARCHIVES
GLBT HISTORY
Past issues of MGW Newspaper are available on microfilm at the main Sacramento Library, CSUS Library, and hardcopies at Lavender Library Archives, And Cultural Exchange

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Dependable drivers sought to deliver MGW on or around the 1st and the 15th of each month. Vehicle required, truck a plus! Familiarity with the Sacramento Metro area also a plus! $100 flat rate per delivery. Call or E-mail your resume. 441-6397, info@mgwnews.com tfn

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Seeking roomate/ companion in Yuba City. Candidate should have a clean driving record *(very important)*. Should be free to travel occasionally. Room, board and a small salary. Serious inquiries only please! Call 966-0689 for more information.

Calendar Of Events

15 SATURDAY

Just For Kids;
Art Break - Make Paper
Crocker Art Museum, 1-4pm
216 O Street, 264-5423
Afternoon Enrichment
Sacramento Zoo, 1:30,1:45, 2pm
3930 W. Land Park Drive
264-5888
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
Old Sac Live
www.downtownsac.org, 558-3912
Torch Club: Acoustic Trio
904 15th Street, www.torchclub.net

16 SUNDAY

Crocker Matinee: A Ruling Passion
12 Noon, 216 O Street, 264-5423
Afternoon Enrichment
Sacramento Zoo, 1:30,1:45, 2pm
3930 W. Land Park Drive
264-5888
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
7th Annual High School Film & Video Festival
12:30-3pm, PFA Theater
Berkley, 510-642-5249
Torch Club: Gayiel Von's Blues Jam
904 15th Street, www.torchclub.net
Belly Dance Superstar
Crest Theatre, 8pm
1013 K Street, www.thecrest.com

17 MONDAY

Afternoon Enrichment
Sacramento Zoo, 1:30,1:45, 2pm
3930 W. Land Park Drive
264-5888
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376

18 TUESDAY

Afternoon Enrichment
Sacramento Zoo, 1:30,1:45, 2pm
3930 W. Land Park Drive
264-5888
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376

19 WEDNESDAY

Afternoon Enrichment
Sacramento Zoo, 1:30,1:45, 2pm
3930 W. Land Park Drive
264-5888
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376

20 THURSDAY

Coming Out Group
Wyndancse Womyn's Center
7pm, 973-2838, ext. 247
Afternoon Enrichment
Sacramento Zoo, 1:30,1:45, 2pm
3930 W. Land Park Drive
264-5888
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
Harry & The Dirty Dog
Crest Theatre, 10am-12noon
1013 K Street, www.thecrest.com

21 FRIDAY

How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
D.O.T.
Current Events/Book Discussion
451-7191
Old Sac Live
www.downtownsac.org, 558-3912

22 SATURDAY

How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
Old Sac Live
www.downtownsac.org, 558-3912
Torch Club: Acoustic Trio
904 15th Street, www.torchclub.net

23 SUNDAY

Crocker Matinee: A Ruling Passion
12 Noon, 216 O Street, 264-5423
How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
Torch Club: Gayiel Von's Blues Jam
904 15th Street, www.torchclub.net

24 MONDAY

How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376

25 TUESDAY

How-To Clinic - Home Depot,
7pm, 9150 W. Stockton Blvd
(800) 430-3376
D.O.T. Planning Meeting
6:30pm, 971-9337

26 WEDNESDAY

Fun Stuff At The Library
Elk Grove LIbrary, 3:30pm
8962 Elk Grove Blvd.

27 THURSDAY

Just For Kids;
Art Break - Make Paper
Crocker Art Museum, 1-4pm
216 O Street, 264-5423
Coming Out Group
Wyndancse Womyn's Center
7pm, 973-2838, ext. 247
7th Annual State of Downtown Breakfast
Memorial Auditorium, 8:30–10am
1515 J Street, 442-8575
Anthony Bidulka & Robert Taylor
The Open Book, 7:30pm
910 21st Street, www.openbook.com
7th Annual State Of downtown
Memorial Auditorium, 1515 J St.,
8:30-10am, www.dowtownsac.org

28 FRIDAY

Old Sac Live
www.downtownsac.org, 558-3912
Christian Kiefer Band, Flut
Capitol Garage
1500 K Street, 444-3633
Lewis Black
Crest Theatre, 7:30pm
1013 K Street, www.thecrest.com

29 SATURDAY

Old Sac Live
www.downtownsac.org, 558-3912
Torch Club: Acoustic Trio
904 15th Street, www.torchclub.net
Downboy
Capitol Garage
1500 K Street, 444-3633
17th Annual Winter Wine & Food Fest
Sacramento Convention Center, 5pm
437-0206

30 SUNDAY

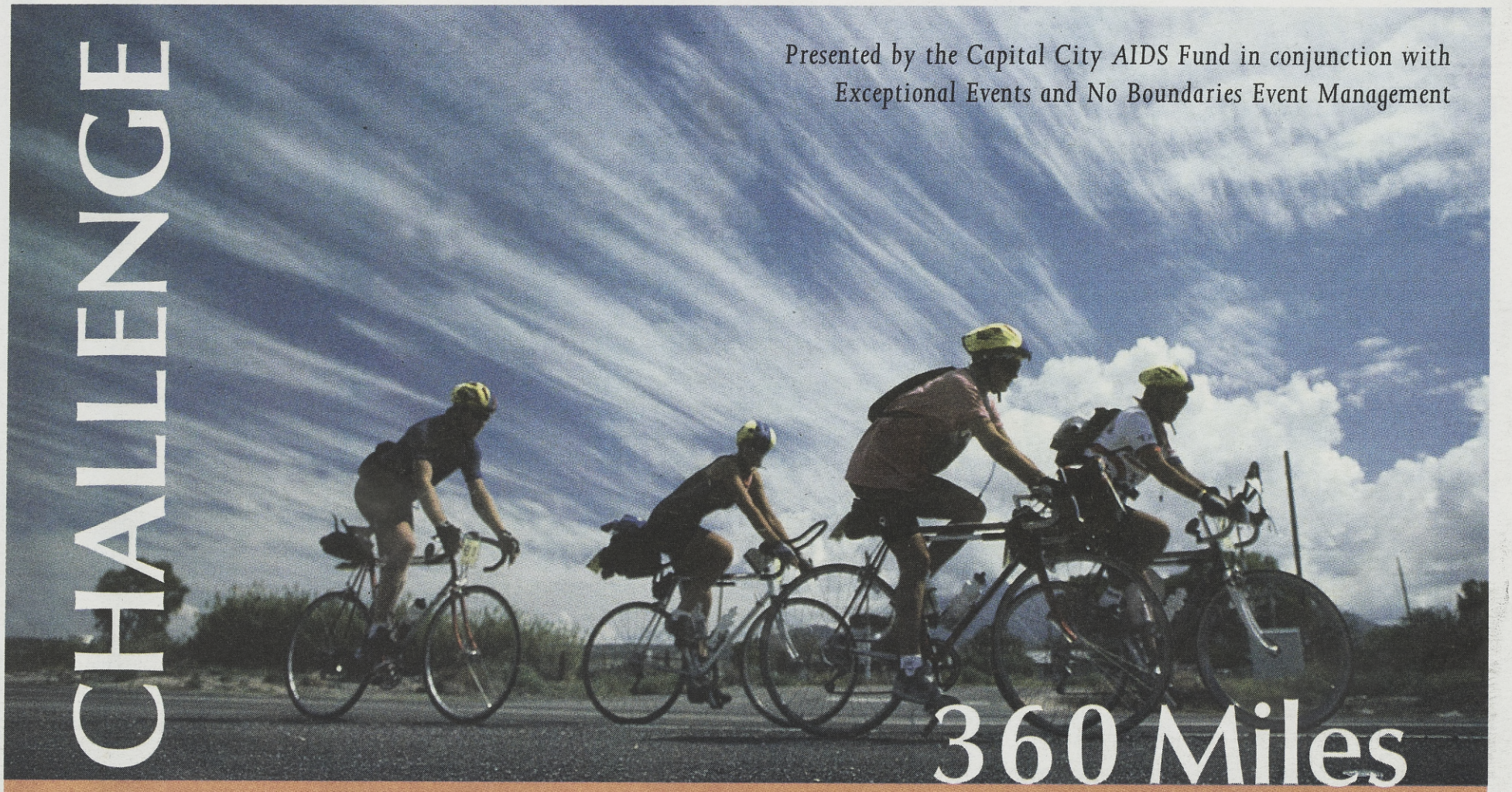
Crocker Matinee: A Ruling Passion
12 Noon, 216 O Street, 264-5423
Author Anna Furtado
The Open Book, 3:30pm
910 21st Street, www.openbook.com
Torch Club: Gayiel Von's Blues Jam
904 15th Street, www.torchclub.net

Art Galleries

20th Street Art Gallery
New Works By Bob Girasek; The Black And White Show, thru January 29, 2005, High School Self Portrait Show, February 2 thru February 5, 2005, People And Places, February 9 thru March 5, 2005, 911 20th St., 930-0500, www.20thstart.com
BAMPFA
Blind At The Museum, January 26 thru July 24, 2005, MATRIX 214: Mark Manders The Absence of Mark Manders, February 6 thru April 10, 2005, MATRIX 215: Althea Thauberger, A Memory Lasts Forever, February 6th thru April 10, 2005, Drawn By Brush; Oil sketches by Peter Paul Rubens, March 2 thru May 15, 2005, MATRIX 216: Slater Bradly, April 24 thru June 26, 2005, 2625 Durant Avenue #2250, Berkely, 510-642-0808
Chroma Gallery
Holiday Splendor, thru January 2005, Fair Oaks Cafe, thru April 2005, 10030 Fair Oaks Blvd., Fair Oaks, 966-6020 www.thechromagallery.com
Crocker Art Museum
Edward Weston; Life Work, thru January 30, 2005, Neo Mod; Recent Northern California Abstraction, thru January 30, 2005, The Crocker-Kingsley; Northern California's Biennial, January 29 thru March 13, 2005, Watching The Sacramento Kings; Photographs by Vesna Pavlovic, January 29 thru March 13, 2005, 216 O Street www.crockerartmuseum.org
Exploding Head Gallery
The Geometry of Space, thru January 29, 2005, Peace Within The Noise, February 3rd thru February 26, 2005, 924 12th St., 442-8424
Hang Art
Holiday Splendor, ongoing; Tjasa Owen, ongoing, 556 & 567 Sutter Street, SF 415-434-4264
Legion of Honor
Observations Of The Spirit; The Sketchbooks of Judith Clancy, 1950-1990, thru January 16, 2005; Bonjour Monsieur Courbet, January 22 thru April 3, 2005; Bouqets To Art, March 8 thru March 11, 2005, 100 34th Ave., SF 415-750-3614
Pence Gallery
Hidden In Plain Site; Stellar Art from Area Collections, reception 5-9pm, February 4th, 212 D Street, Davis, (530) 758-3370
SF MOMA
Robert Bechtle; A Retrospective, February 12th thru June 5th, 2005, Roy Lichtenstein; All About Art, thru February 22, 2005; Glamour: Fashion, Industrial Design, Architecture, thru January 17, 2005, Belles Lettres, thru April 17, 2005, Double Feature: Mary Lucier & Gordon Matta-Clark, thru January 23, 2005, New Work: Rachel Harrison, thru March 13, 2005, 151 Third Street, SF, 415-357-4000
Solomon Dubnick
California Figurative, thru January 29, 2005, Laura Hohlwein; Turning Over The World, Ronald Gibbons; Irresistible Vanities, February 3 thru February 26, 2005, Contemplating Realism, March 3 thru April 2, 2005; 2131 Northrop Ave., 920-4547

NorCal AIDS CHALLENGE

Presented by the Capital City AIDS Fund in conjunction with Exceptional Events and No Boundaries Event Management



360 Miles

4 Days

1 Cause

Wednesday, May 18 to Saturday, May 21, 2005

Benefitting:

CARES — Northern California's HIV/AIDS Healthcare Center

BREAKING BARRIERS

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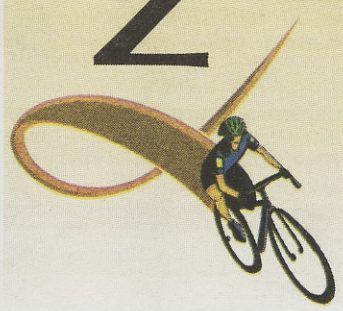
THE Jack Maple TEAM — Countrywide Home Loans

Carol Wall and Pat Kearney

The McCalla Family

You're invited to join us on a journey to raise awareness and funds for the fight against HIV and AIDS in the inland northern California region. Whether you're a sponsor, cyclist, crew member, volunteer, or making a pledge, you'll be making a difference.



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